



JMAC KARATE

Fall 2022

Effective 09/06/22 to 12/17/22

MONDAY	3 p.m. to 4 p.m.		4 p.m. to 5 p.m.	5 p.m. to 6 p.m.	6 p.m. to 7 p.m.	7 p.m. to 8 p.m.
	Private		Judo/JiuJitsu	Karate All levels, all ages	JMAC Team	Black Belt Club Brown and Black Belts
TUESDAY	3 p.m. to 3:30 p.m.	3:30 p.m. to 4 p.m.	4 p.m. to 5 p.m.	5 p.m. to 6 p.m.	6 p.m. to 7 p.m.	7 p.m. to 8 p.m.
	Private	Kinder Karate 3-5 years old	Kids Karate 6-8 years old	Youth Karate 9-12 years old	Teen Karate 13-19 years old	Adult Karate 20 years old and over
WEDNESDAY	3 p.m. to 4 p.m.		4 p.m. to 5 p.m.	5 p.m. to 6 p.m.	6 p.m. to 7 p.m.	7 p.m. to 8 p.m.
	Private		Karate Beginner/Novice White to Purple Belts	Karate Inter/Advance Green to Black Belts	JMAC Team	Black Belt Club Brown and Black Belts
THURSDAY	3 p.m. to 3:30 p.m.	3:30 p.m. to 4 p.m.	4 p.m. to 5 p.m.	5 p.m. to 6 p.m.	6 p.m. to 7 p.m.	7 p.m. to 8 p.m.
	Private	Kinder Karate 3-5 years old	Kids Karate 6-8 years old	Youth Karate 9-12 years old	Teen Karate 13-19 years old	Adult Karate 20 years old and over
FRIDAY	3 p.m. to 4 p.m.		4 p.m. to 5 p.m.	5 p.m. to 6 p.m.	6 p.m. to 7:30 p.m.	
	Private		Judo/JiuJitsu	Karate All levels, all ages	JMAC Team	

SATURDAY	9 a.m. to 9:30 a.m.	9:30 a.m. to 10 a.m.	10 a.m. to 11 a.m.	11 a.m. to 12 noon	12 noon to 1 p.m.	1 p.m. to 2:30p.m.
	Private	Kinder Karate 3-5 years old	Karate Beginner/Novice White to Purple Belts	Karate Inter/Advance Green to Black Belts	Black Belt Club Brown and Black Belts	JMAC Team

JMAC KARATE
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